



# Model Curriculum

**QP Name: Yoga Assistant- Sports**

**QP Code: SPF/Q1129**

**QP Version: 1.0**

**NSQF Level: 3**

**Model Curriculum Version: 1.0**

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## Training Parameters

<b>Sector</b>	Sports
<b>Sub-Sector</b>	Sports Coaching and Fitness
<b>Occupation</b>	Sports Coaching
<b>Country</b>	India
<b>NSQF Level</b>	3
<b>Aligned to NCO/ISCO/ISIC Code</b>	NCO-2015/3423.0203
<b>Minimum Educational Qualification and Experience</b>	Grade 10th pass OR 9th Grade pass with 1 years of relevant experience OR Grade 8 pass with two years of (NTC/ NAC) after 8th OR 8th Grade pass with 2 years of relevant experience OR 5th Grade pass with 5 years of relevant experience
<b>Pre-Requisite License or Training</b>	NA
<b>Minimum Job Entry Age</b>	18 years
<b>Last Reviewed On</b>	31/08/2023
<b>Next Review Date</b>	31/08/2026
<b>NSQC Approval Date</b>	31/08/2023
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	31/08/2023
<b>Model Curriculum Valid Up to Date</b>	31/08/2026
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	360 Hours
<b>Maximum Duration of the Course</b>	360 Hours

## Program Overview

This section summarizes the end objectives of the program along with its duration.

### Training Outcomes

At the end of the program, the learner will be able to:

- Select equipment appropriate for the yoga sessions.
- Prepare session area for the yoga sessions.
- Maintain yoga props and equipment.
- Demonstrate correct forms, posture, and techniques of yoga.
- Promote a co-operative environment amongst participants to avoid any conflicts.
- Follow safety protocols for injury prevention and medical emergency.
- Maintain hygiene and sanitation at workplace.

### Compulsory Modules

The table lists the modules, their duration and mode of delivery.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
<b>SPF/N1180 - Assist in preparation of yoga sessions</b> NOS Version No. 1.0 NSQF Level 3	20:00	40:00	15:00	00:00	75:00
<b>Bridge Module</b> Module 1: Introduction to the yoga assistant-sports job-role	05:00	10:00	00:00	00:00	15:00
Module 2: Prepare equipment and area for the yoga session	15:00	30:00	15:00	00:00	60:00
<b>SPF/N1181 - Assist during the yoga sessions</b> NOS Version No. 1.0 NSQF Level 3	15:00	60:00	45:00	00:00	120:00
Module 3: Demonstrate basic asanas and assist athletes during the sessions	15:00	60:00	45:00	00:00	120:00
<b>SPF/N1182 - Assist in post yoga sessions</b> NOS Version No. 1.0 NSQF Level 3	15:00	60:00	30:00	00:00	105:00
Module 4: Maintain session area post yoga sessions	15:00	60:00	30:00	00:00	105:00
<b>SPF/N1169: Improve workplace resource usage</b>	10:00	20:00	00:00	00:00	30:00

<b>NOS Version No. 1.0</b> <b>NSQF Level: 3</b>					
Module 5: Build an environmental friendly workplace	10:00	20:00	00:00	00:00	30:00
<b>DGT/VSQ/N0101:</b> <b>Employability skills (30 Hours) NOS Version No-1.0</b> <b>NSQF Level: 2</b>	15:00	15:00	00:00	00:00	30:00
Module 6: Employability skills	15:00	15:00	00:00	00:00	30:00
<b>Total Duration</b>	<b>75:00</b>	<b>195:00</b>	<b>90:00</b>	<b>00:00</b>	<b>360:00</b>

# Module Details

## Module 1: Introduction to the yoga assistant- sports job role

### Bridge Module

Mapped to SPF/N1180, v1.0

#### Terminal Outcomes:

- Distinguish between different types of yoga.
- Identify the career opportunities as a yoga professional.

<b>Duration:</b> 05:00	<b>Duration:</b> 10:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Explain yoga.</li> <li>• List the career opportunities of a yoga professional.</li> </ul>	<ul style="list-style-type: none"> <li>• Classify different types of yoga.</li> <li>• Create a career progression chart of a sports yoga professional</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
NA	

## Module 2: Prepare equipment and area for the yoga sessions

*Mapped to SPF/N1180, v1.0*

### Terminal Outcomes:

- Inspect equipment and session area readiness for the yoga sessions.

<i>Duration: 15:00</i>	<i>Duration: 30:00</i>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>Recall the factors to be considered while preparing for the yoga session.</li> <li>Identify various types of props, equipment, accessories, and their usage for conducting yoga sessions.</li> <li>Explain the usage of yoga props and equipment.</li> <li>Recall the factors contributing to the effective yoga sessions.</li> <li>Discuss the factors that contribute towards the distractions during the yoga sessions.</li> <li>Discuss the importance of keeping a logbook for recording sessions</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>Create pre-session checklist</li> <li>Demonstrate the use of yoga props and equipment.</li> <li>Examine the equipment for any kind of damages.</li> <li>Demonstrate arrangement of lighting, temperature, and ventilation appropriate for a comfortable yoga session.</li> <li>Update session logbook</li> <li></li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system	
<b>Tools, Equipment and Other Requirements</b>	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music system, room freshener, sanitizing agents, fstretcher, arm-sling, crutches	

## Module 3: Demonstrate basic asanas and assist athletes during the sessions

Mapped to SPF/N1181, v1.0

### Terminal Outcomes:

- Assist athletes/clients on correct execution of techniques to get better results.
- Execute instruction of yoga instructor/trainer/coach.
- Monitor athletes to ensure they comply to the best practices of yoga sessions.

<i>Duration: 15:00</i>	<i>Duration: 60:00</i>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• List the names of props and equipment commonly used in yoga.</li> <li>• Identify the different types of yoga</li> <li>• Identify incorrect yoga postures.</li> <li>• Identify incorrect execution of yoga techniques.</li> <li>• Recall the safety measures to be taken while athletes' use props/equipment during the sessions.</li> <li>• Discuss the common types of injuries that might occur during the yoga session.</li> <li>• Explain the steps to be followed during medical emergencies.</li> <li>• Explain the factors that lead to injuries during the yoga session.</li> <li>• Describe the protocols to be followed in case of medical emergency during training sessions.</li> <li>• Discuss inappropriate behaviour and sexual harassment at workplace.</li> <li>• Explain the significance and the process of reporting appropriate behaviour and sexual harassment at workplace.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate basic yoga asanas (pose)</li> <li>• Demonstrate correct forms, posture, and techniques to make session effective and injury free.</li> <li>• Calculate the number of props and equipment required for a given number of athletes.</li> <li>• Demonstrate the usage of props and equipment safely and effectively.</li> <li>• Demonstrate asanas to develop endurance, strength, co-ordination, flexibility, etc.</li> <li>• Demonstrate ways to find if the injury is major or minor.</li> <li>• Demonstrate the process of administering first aid for common injuries.</li> <li>• Perform CPR (Cardio-Pulmonary Resuscitation)</li> <li>• Demonstrate emergency evacuation procedure and protocol in case of fire or natural disaster.</li> <li>• Apply gender-sensitive, non-discriminatory language.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards, posters of human muscular and skeletal system, copy of POCSO (Protection of Children against Sexual Offences) and POSH (Prevention of Sexual Harassment) Acts, IPC book	
<b>Tools, Equipment and Other Requirements</b>	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music/PA system	

## Module 4: Maintain session area post yoga sessions

*Mapped to SPF/N1182, v1.0*

### Terminal Outcomes:

- Assist in storage and maintenance of props and equipment

<i>Duration: 15:00</i>	<i>Duration: 60:00</i>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>Discuss the ways to maintain props and equipment post usage</li> <li>Explain the importance of restoring session area post yoga session.</li> <li>Recall the importance of disposing the waste bins and discarded materials immediately post session.</li> <li>Discuss the implications of using damaged equipment</li> <li>Recall the importance of hygiene and sanitation regulatory at session area.</li> <li>Discuss the ways to maintain personal hygiene before and after the training session.</li> <li>Identify the sanitizing agents which are safe for both surface, props and equipment.</li> </ul>	<ul style="list-style-type: none"> <li>Create checklist of post session activities</li> <li>Demonstrate proper maintenance of props and equipment</li> <li>Demonstrate ways to update props and equipment stock</li> <li>Demonstrate ways to sanitize props and equipment before and after the usage.</li> <li>Demonstrate hygiene and sanitation sign-off before closing the session area.</li> <li>Prepare a sample of daily report on maintenance of session area.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboard	
<b>Tools, Equipment and Other Requirements</b>	
Yoga mats, yoga blocks, straps, or bolsters, medicine ball, swiss ball, first aid kit, music /PA system,	

## Module 5: Build an environmental friendly workplace

### Mapped to SPF/N1169, v1.0

#### Terminal Outcomes:

- Identify effective waste management techniques at the workplace.
- Ways to make the workplace environmentally sustainable.

<b>Duration: 10:00</b>	<b>Duration: 20:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Recognize the environment-friendly materials available to replace conventional materials.</li> <li>• Discuss ways of disposing non-recyclable waste appropriately.</li> <li>• Explain common sources of pollution and ways to minimize it.</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare statutory documents relevant to safety and hygiene.</li> <li>• Demonstrate the methods of disposing non-recyclable waste.</li> <li>• Report malfunctioning. (fumes/sparks/emission/vibration/noise) and lapse in maintenance of equipment.</li> </ul>
<b>Classroom Aids:</b>	
Laptop, whiteboard, marker, projector, chart paper, clipboards	
<b>Tools, Equipment and Other Requirements</b>	
Gloves, safety goggles, ladder	

## Module 6: Employability Skills

*Mapped to DGT/VSQ/N0101*

### Terminal Outcomes:

- Understand employability skills along with communication skills and constitutional values
- Able to set a goal and create a career plan, along with knowledge financial and legal knowledge

<b>Duration:</b> 15:00	<b>Duration:</b> 15:00
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Discuss the Employability Skills required for jobs in various industries.</li> <li>• Explain the constitutional values, including civic rights and duties, citizenship, responsibility towards society and personal values and ethics such as honesty, integrity, caring and respecting others that are required to become a responsible citizen</li> <li>• Describe the role of digital technology in today's life</li> <li>• Explain entrepreneurship and opportunities available</li> <li>• Identify different types of customers and their needs</li> <li>• Explain skills required to become a 21st century professional</li> <li>• Teach to read and write basic English</li> <li>• Explain effective communication skills</li> <li>• Teach basic financial and legal knowledge</li> </ul>	<ul style="list-style-type: none"> <li>• Create a career plan</li> <li>• Implement Self-awareness, time management, critical thinking, problem solving</li> <li>• Create sample word documents, excel sheets and presentations using basic features, utilize virtual collaboration tools to work effectively wherever necessary</li> <li>• Implement communication skills while handling different customers</li> <li>• Use appropriate basic English sentences/phrases while speaking. Differentiate between types of customers.</li> <li>• Create a biodata.</li> <li>• Use various sources to search and apply for jobs.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, Whiteboard/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Computer (PC) with latest configurations, Computer Tables, Computer Chairs, UPS, Scanner cum Printer	

## On-the-Job Training

### Mapped to Yoga Assistant- Sports

<b>Mandatory Duration:</b> 90:00	<b>Recommended Duration:</b> 00:00
<b>Location:</b> On Site	
<b>Terminal Outcomes</b> <ul style="list-style-type: none"> <li>• Select equipment appropriate for the sports yoga sessions.</li> <li>• Prepare session area for the sports yoga sessions.</li> <li>• Maintain yoga props and equipment.</li> <li>• Demonstrate correct forms, posture, and techniques of yoga.</li> <li>• Promote a co-operative environment amongst participants to avoid any conflicts.</li> <li>• Follow safety protocols for injury prevention and medical emergency.</li> <li>• Maintain hygiene and sanitation at workplace.</li> </ul>	

## Annexure

### Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 10 <sup>th</sup> pass	yoga	Minimum of 1 year	Must have worked in a sport, fitness industry as a yoga instructor/trainer/coach.	Minimum of 1 year	yoga	All empaneled Trainers would have to undergo <b>"Train the Trainer"</b> Program conducted by SPEFL SC for each job role time to time.

Trainer Certification	
Domain Certification	Platform Certification
"Certified ToT for job role "Yoga Assistant- Sports" "SPF/Q1129, v1.0" Minimum accepted score is 80%	Recommended that the trainer is certified for the Job-Role "Trainer (VET and skills)", mapped to Qualification Pack: MEP/Q2601, v2.0" Minimum accepted score is 80%

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Class 12 <sup>th</sup> pass	yoga	Minimum of 2 year	Must have worked in a sports,fitness industry as a yoga instructor/trainer/coach.	Minimum of 2 year	yoga	All empaneled Assessors would have to undergo <b>“Train the Assessor”</b> Program conducted by SPEFL SC for each job role time to time.

Assessor Certification	
Domain Certification	Platform Certification
Certified ToA for job role “Yoga Assistant- Sports” “SPF/Q1129, v1.0” Minimum accepted score is 80%	Recommended that the assessor is certified for the Job-Role “Assessor (VET and skills)”, mapped to Qualification Pack: MEP/Q2701, v2.0” Minimum accepted score is 80%

## Assessment Strategy

### Assessment Guidelines

1. Criteria for assessment for each Qualification Pack will be created by the SPEFL - Sector Skill Council. Each Performance Criteria (PC) will be assigned marks proportional to its importance in NOS. SSC will also lay down the proportion of marks for Theory and Skills Practical for each PC.
2. The assessment for the theory part will be based on the knowledge bank of questions created by the SSC.
3. Assessment will be conducted for all compulsory NOS, and where applicable, on the selected elective/option NOS/set of NOS.
4. Individual assessment agencies will create unique question papers for the theory part for each candidate at each examination/training center as per assessment criteria below.
5. Individual assessment agencies will create unique evaluations for skill practical for every student at each examination/ training center based on these criteria.
6. To pass the Qualification Pack assessment, every trainee should score a minimum of 70% of % aggregate marks to successfully clear the assessment.
7. In case of unsuccessful completion, the trainee may seek reassessment on the Qualification Pack.

### Recommended Pass % aggregate for QP: 70

Each NOS in the Qualification Pack (QP) will be assigned a relative weightage for assessment based on the criticality of the NOS. Therein each Performance Criteria in the NOS will be assigned marks for or practical based on relative importance, criticality of function and training infrastructure.

The following tools are proposed to be used for final assessment:

1. **Practical Assessment:** This will comprise of a creation of mock environment in the skill lab which is equipped with all equipment's required for the qualification pack. Candidate's soft skills, communication, aptitude, safety consciousness, quality consciousness etc. will be ascertained by observation and will be marked in observation checklist. The product will be measured against the specified dimensions and standards to gauge the level of his skill achievements.
2. **Viva/Structured Interview:** This tool will be used to assess the conceptual understanding and the behavioral aspects as regards the job role and the specific task at hand. It will also include questions on safety, quality, environment, and equipment, etc.
3. **Written Test:** Under this test few key items which cannot be assessed practically will be assessed. The written assessment will comprise of:
  - i. True / False Statements
  - ii Multiple Choice Questions
  - iii Matching Type Questions.
  - iv Fill in the blanks

### Accreditation of Assessing Body:

The SPEFL SC's Accreditation process is divided into two steps:

1. **Pre-accreditation process:**

- Apply for Accreditation: Application form with desired documents in prescribed format to be sent.
- Document Compliance: to be done for ensuring the compliance and adherence of applied assessing body according to criteria laid down by SPEFL SC.
- Presentation on Quality Assurance: to be given by Assessing body highlighting the quality assurance process laid down by Assessing body at the process points.
- Once the assessing body clears the due diligence process, the accreditation is given along with terms and conditions.

2. **Post-accreditation process:** Post accreditation, the accredited assessing bodies needs to fulfil following minimum eligibility criteria or requisites for implementation:

- All Empanelled Assessors would have to undergo **“Train the Assessor”** Program conducted by SPEFL SC for each job role time to time.
- Accredited Assessing Body would have to abide with requisite timelines, policies and regulations declared by SPEFL sector skill council.
- Accredited Assessing Body with times would have to contribute to expansion of the questionnaire.

## References

## Glossary

Term	Description
<b>Key Learning Outcome</b>	Key learning outcome is the statement of what a learner needs to know, understand and be able to do in order to achieve the terminal outcomes. A set of key learning outcomes will make up the training outcomes. Training outcome is specified in terms of knowledge, understanding (theory) and skills (practical application).
<b>OJT (M)</b>	On-the-job training (Mandatory); trainees are mandated to complete specified hours of training on site
<b>OJT (R)</b>	On-the-job training (Recommended); trainees are recommended the specified hours of training on site
<b>Training Outcome</b>	Training outcome is a statement of what a learner will know, understand and be able to do upon the completion of the training.
<b>Terminal Outcome</b>	Terminal outcome is a statement of what a learner will know, understand and be able to do <b>upon the completion of a module</b> . A set of terminal outcomes help to achieve the training outcome.

## Acronyms and Abbreviations

Term	Description
QP	Qualification Pack
NSQF	National Skills Qualification Framework
NSQC	National Skills Qualification Committee
NOS	National Occupational Standards